

fill the large intestine going down, although going up it will be nearly empty. As soon as the splenic flexure has been overcome, you see the big mass going down to the rectum. It has been said that ptosis sometimes causes no trouble, but if there is no trouble they have no reason to go to a doctor for examination. I think I can say that in the examination of the intestine we are very proud of our accomplishments.

### FEEDING IN LATER INFANCY.\*

By H. H. YERINGTON, M. D., San Francisco.

During the past six or eight years, probably no subject in medicine has received more attention than infant feeding, and with numerous schools advocating so many various methods, the family physician, if he tries to keep up with the literature, finds himself in a hopeless tangle.

Owing to the mildness of our climate here, the mortality of infants during the first year of life is not great, and even the artificially fed, are brought through this period with few upsets and begin their second year in fairly good condition.

The majority of people have the idea nowadays that a child if watched carefully during the first year, having its formula increased by the family physician, say, once a month, needs no further attention. Thus, the physician sees no more of the baby after the 12th month and the feeding is left to the mother, grand-mother and numerous friends, who have had great experience in bringing up their own children. This is partly the fault of the physician, for how many men can sit down and write out a dietary for a mother with proper intervals of feeding, for a child during the second and third year of life? It is a common opinion that if a child goes through its first year without any signs of rickets, the danger of this disease is past, but this, unfortunately, is not true, because often owing to careless methods of feeding, beginning with weaning and lasting through the second year, marked rickets may be the result.

In the Children's Clinic of the Medical Department of Stanford University, it is our custom to begin adding substitutes for milk at about the 11th and 12th months, and either a small feeding book or a carefully written dietary is given the mother, with directions as to the intervals of feeding and amount of food to be taken. At this period, when a change of food is begun, it is important to watch carefully the ability of the child to digest its new food, and this necessitates an examination of the stools at various times, which is a simple procedure, and can easily be done by any one.

Briefly, the examination includes three parts:

1. Macroscopic, including size, color, consistency, odor, mucus, pus, blood, food masses, parasites, etc.
2. Reaction to litmus.
3. Microscopic examination, including—
  - a. meat and vegetable fibres.
  - b. a Lugal stain for starch.
  - c. Soudan red and acetic acid stain for fats, fatty acids and soaps.
  - d. stains for bacteria, such as tubercle, colon bacillus, etc.
  - e. parasites and ova.

Such an examination can easily be done in fifteen minutes, and in any intestinal condition should never be omitted.

During childhood milk should be the basis of diet, and the rule of giving not more than 24 oz. in 24 hours is a good one. Small children getting a quart or a half of milk a day, often suffer with flatulence, colic, and constipation and, as a rule, refuse other food. A normal baby, age 12 months, weighing, say 21 lbs., should have not more than five, and better, four feedings a day. An ounce of orange juice diluted with water should be given on waking in the morning, at least a half hour before milk is given. The subsequent feeds should be given at 7:30 a. m., noon, 3:30 p. m., and 6:30 p. m. At first a ten o'clock bottle may be given, but this can soon be eliminated because with a liberal meal at 6:30, the child will sleep until the next morning. Varieties such as well-cooked cereals, zweiback or toast, scraped beef, or beef juice, some well-cooked vegetables in the form of purees, part of a baked potato, baked apple, apple sauce along with five or six oz. of milk at a feeding, should be the dietary from the 12th to the 18th month.

Many mothers come to you during the child's second year, saying that their child will not take milk, and this is due to the fact that after the 12th month, so much fresh bread, sweets of all kinds, etc., are given and the children are fed so often between meals that their desire for milk is lost, and they prefer substitutes instead.

During the latter part of the second year, and through the third year, children should take not more than a pint and a half of milk during the day, and the mother should arrange the time of meals at intervals to suit the household, the point being that the feeding periods be regular and the time between meals increased. If this rule be adhered to, the child will have an appetite at meal time, and the so-called "intestinal indigestion" will be warded off. Such foods as finely cut meat,—beef, mutton, steaks or chops,—can be added, with soft boiled or poached eggs, custards, gelatine jellies, etc.

I would say that the two most common causes of intestinal disturbances in young children, are the over-feeding with fats and starch. Owing to the richness of our certified milk, we find children with flatulence, constipation, loss of appetite, eczema, and restlessness, whose condition clears up

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on a skimmed milk diet. On the other hand, we have a class of cases we call the "starch" type; very pale, showing blue rings under the eyes, having abdominal pain and often an enuresis.

On examination of the stools, we find a quantity of undigested starch granules, and a report of the dietary shows the child has been living on cereals, milk, and a considerable amount of fresh bread and cake between meals. In the majority of these cases a proper non-starch diet, with iron and gray powder, regulates the condition, and the improvement is rapid.

In conclusion, I would say that much of the intestinal disturbances in young children could be avoided if the family physician would give the mothers definite rules in writing as to proper food, and definite intervals of feeding.

### DIETETICS FROM A MODERN STAND-POINT.\*

By ANNIE W. WILLIAMS, M. D., Hayward.

In this age of searching analysis keen observation, thorough research, extensive and exhaustive laboratory experiments, practical demonstrations and laborious investigations, dietetics, the science or study and regulation of the diet, has not been overlooked, but has received its full and much needed share of attention. World-wide questioning is being directed to the disquieting fact that eating just for self-gratification, the good taste and flavor, because you happen to like it, and to satisfy a pampered, over-cultivated and oftentimes more or less perverted appetite, is possibly not all it should be.

We, the members of the medical profession, are many of us overlooking and disregarding some very vital facts concerning diet. Not the diet of the few but the diet of to-day civilization. Twentieth century scientists have painstakingly compiled for our consideration a reliable array of valuable facts that can be immediately adopted for practical use in every-day prescribing.

Dietetics considered from a modern standpoint not only takes into account the food units, food values and nutritive values of foodstuffs but also considers their medicinal values, which furnishes a fascinating field of study and research. In the near future the medical profession will be able to compute not only the nutriment values, the nourishing and sustaining values of the diets that they are prescribing but also just what medicinal values, if any, with the estimated dosage.

Take the yolk of an egg, for instance; it is a most perfect natural emulsion containing in solution or suspension several important and well-known drugs which physicians are daily prescribing. Iron, which has heretofore been supplied to the medical profession from the mineral kingdom, is now being prescribed in some cases by giving the patient the vegetables in which iron is found. The iron as contained in the vegetable is in such

a form that it is readily assimilated by the human system and without any of the disturbing effects often following the administration of metallic iron.

Modern dietetics admonish us that the juice of lemons is to be preferred to vinegar and that the sub-acid fruits are very helpful to a certain class of patients. We are enjoined not to let a day pass without eating something in the way of raw food and are informed that honey is a storehouse of energy and a natural laxative.

In the way of raw foods may be mentioned: a stalk of celery, a crisp young carrot, fresh lettuce, a quickly grown white turnip, a crisp cucumber, mild, sweet, green onions, and other raw foods too numerous to mention. The amount of painstaking scientific investigation and research that has been accomplished and published along the lines of foods, food values and nutritive values of foodstuffs is truly amazing to the uninformed mind upon this particular phase of diet. Stokes & Co. of New York make a specialty of publishing and supplying a goodly number of publications including the more recent up-to-date works upon this subject.

At all the world's great seats of learning and universities and research laboratories much time, expense, labor and laboratory space has been devoted to the scientific study and searching investigation of food materials and food stuffs, including practical demonstrations on human squads, and the man in the box, and other exhaustive experiments; which on the whole have furnished more or less satisfactory enlightenment upon this subject. The sum total of knowledge thus acquired, and sifted out, being of undoubted scientific and practical value.

In my last trip across the continent I noted that all our American universities are taking a most prominent part in these nutritive investigations. Our own state university is very much up-to-date in this line of work and most valuable information and data may be obtained from the professors and the investigators engaged in this work there. It has been stated by an eminent Russian investigator, Mr. Smolensky, that more has been accomplished in ten years in the United States than could have been done in Germany in fifty years.

In many public libraries books treating of these subjects are now to be found; notably in Berkeley public library, where the works of some of the most noted writers upon these subjects are to be found on the shelves. The modern physicians who desire to be well equipped and not out-of-date will realize the deep importance of informing themselves upon these modern phases of dietetics which are making such rapid advances and remarkable strides forward.

It makes one rub one's eyes to learn that those severe twinges and dull aches in the shoulder muscles which have been duly scheduled under the convenient and all-inclusive name of rheumatism, may be due instead to a parasite that we take into our system with the pork that we find so delicious and satisfying. It has been discovered, and even depicted upon moving picture

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